



Mediumship Matters Podcast Transcripts

Season 3 Episode 57 - Is It Ok To Avoid My Family?

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! It's Wednesday, which means it's time for another Mediumship Mini, and today's question comes from Marika. This is such an important topic, and I know many of you will relate to it.

Marika writes:

"Hi, Hannah. I have a question about reincarnation and whether we choose our families before we are born. Some theories suggest we pick our families to heal old karmas or family patterns. Since I discovered the spirit world, I've been struggling with my parents' attitudes. They tend to control me by playing the victim, using narcissistic behaviours, and telling me I should be more grateful. I'm wondering if I need to push them away for my happiness or if I'm supposed to repair the relationship because they are part of my evolution. My soul tells me to take a break and heal, but I keep questioning whether that's the right thing to do. I'd love to hear your thoughts and experiences on this. Sending you love."

Do We Choose Our Families to Heal Karma?

Marika, first of all, sending you love right back! This is such an important question, and I want to start by saying that I don't believe we come here specifically to heal karma in the way that some spiritual teachings suggest.

💡 Yes, healing is available to us. I do believe we inherit energetic patterns and wounds through our genetic lineage. 💡 No, we don't have a pre-written destiny of suffering. If life was meant to be perfect, we'd just stay in the spirit world, wouldn't we? 💡 Challenges exist for growth, not punishment. We do choose relationships and experiences that trigger lessons, but it's up to us to decide how to navigate them.

Should You Take a Break from Family?

If your soul is telling you to take a break—then take a break. Trust yourself.

♦ Taking space doesn't have to be permanent—it can be for a week, a month, or as long as you need. ♦ When we feel stuck in guilt, obligation, and emotional turmoil, space allows us to reset and gain clarity. ♦ The Reiki principle 'Just for today, I will not worry' is so powerful. Just focus on today—don't worry about what happens next.

💡 Boundaries are not betrayal. If someone makes you feel drained, controlling, or small, stepping back is not selfish—it's self-care.

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How to Set Energetic Boundaries with Family

Family relationships can be some of the most triggering, especially when we're trying to break patterns. Here are some ways to protect your energy:

✔ Limit your time together. If you visit, keep it short—two hours, not two days. ✔ Choose neutral settings. Meeting in public spaces can help avoid emotional intensity. ✔ Exit before you feel drained. Leave while you still feel strong, not when you're exhausted. ✔ Trust your 'no'. If something feels heavy or forced, it's okay to say no without guilt.

💡 People see us based on past versions of ourselves. If you're growing, they might not recognize who you are becoming yet. Give them (and yourself) time to adjust.

Does Karma Carry Over Between Lifetimes?

I personally don't believe karma follows us across lifetimes in a way that demands suffering as 'payback' for past lives.

◆ Karma is experienced in the now. What we put out, we get back—in this lifetime. ◆ There's no contract that says, "You must endure your parents because of past-life debts." That's just punishing yourself unnecessarily. ◆ The idea that we're 'clearing past-life karma' can sometimes become an excuse to tolerate mistreatment—you don't owe anyone your peace.

💡 Your only responsibility is to honour your soul's truth in this lifetime.

Evolving Relationships—It's Okay to Change

Family relationships can evolve, but only if both sides are open to change.

◆ As you grow, your relationships shift. The way your parents treat you now might not be how they respond to you in the future. ◆ You don't have to force healing. If your parents aren't willing to change, you are allowed to step back. ◆ Your well-being matters. If being around certain people damages your energy, it's okay to choose peace over obligation.

💡 "If it's not a 'hell yes', it's a no." Pay attention to your body's response—your intuition already knows the answer.

Final Thoughts—Trust Yourself & Honour Your Energy

Marika, you already know what your soul is calling for—trust that.

💡 Key takeaways: ✔ You don't need to heal karma through suffering. ✔ Taking space isn't permanent—it's about creating clarity. ✔ Boundaries are healthy. You don't owe anyone access to your energy. ✔ Your relationship with your parents can evolve, but only if both sides are willing. ✔ If something feels heavy, draining, or forced—it's okay to let it go.

I hope this helps! Sending you so much love, and as always—have a bloody marvellous day! 🚀